

AMENDMENT

Please amend the application as follows:

In the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application.

1. (previously presented) A method for selectively inhibiting estrogen production and providing estrogenic effects, comprising:

ingesting a dietary supplement wherein the supplement comprises a processed *Morinda citrifolia* product;

quercetin present in an amount between about 0.1 and 10 percent by weight; and
rutin present in an amount between 0.1 and 10 percent by weight.

2. (original) A method as recited in claim 1, wherein the processed product is one of:

- (i) *Morinda citrifolia* fruit juice;
- (ii) *Morinda citrifolia* oil extract;
- (iii) *Morinda citrifolia* dietary fiber;
- (iv) *Morinda citrifolia* puree juice;
- (v) *Morinda citrifolia* puree;
- (vi) *Morinda citrifolia* fruit juice concentrate;
- (vii) *Morinda citrifolia* puree juice concentrate; and
- (viii) *Morinda citrifolia* leaf extract.

3. (previously presented) A method as recited in claim 2, wherein the ingestion includes one of:

consuming one fluid ounce of the dietary supplement per day;
consuming more than one fluid ounce of the dietary supplement per day; and
consuming less than one fluid ounce of the dietary supplement per day.

4. (previously presented) A method as recited in claim 3, wherein the further includes consuming the dietary supplement before a meal.

5. (original) A method as recited in claim 1, wherein the use comprises one of (i) consumption, or (ii) transdermal application.

6. (original) A method as recited in claim 1, further comprising using the dietary supplement as an aromatase inhibitor.

7. (previously presented) A method for selectively inhibiting estrogen production and providing estrogenic effects, the method comprising ingesting a processed product comprising: quercetin present in an amount between about 0.1 and 10 percent by weight; and rutin present in an amount between 0.1 and 10 percent by weight in the form of a dietary supplement as an aromotas inhibitor to control production of estrogen in a body.

8. (original) A method as recited in claim 7, further comprising using the processed extract to provide estrogenic effects in the body.

9. (original) A method as recited in claim 7, wherein the processed extract is in the form of a dermal cream.

10. (previously presented) A method as recited in claim 7, wherein the ingestion includes one of:

- consuming one fluid ounce of the dietary supplement per day;
- consuming more than one fluid ounce of the dietary supplement per day; and
- consuming less than one fluid ounce of the dietary supplement per day.

11. (previously presented) A method as recited in claim 10, wherein the ingestion further includes consuming the dietary supplement before a meal.

12. (withdrawn) A dietary supplement for inhibiting estrogen production and increasing estrogen levels in a human, the supplement comprising a processed *Morinda citrifolia* product.

13. (withdrawn) A dietary supplement as recited in claim 12, wherein the product is one of:

- (i) *Morinda citrifolia* leaves; and
- (ii) *Morinda citrifolia* juice.

14-60. (cancelled)